



COMPANIES HOUSE

THE REGISTRAR OF COMPANIES  
COMPANIES HOUSE  
CROWN WAY  
CARDIFF  
CF4 3UZ



This form should be completed in black.

The information printed below is taken from Companies House records as at 26/11/96

If this information requires amendment use the spaces opposite.

#### Date of this return (See note 1)

The information in this return should be made up to a date not later than

Day	Month	Year
1   2	1   2	9   6

#### Date of next return (See note 2)

If you wish to make your next return to a date earlier than the anniversary of this return please show the date here. Companies House will then send a form at the appropriate time.

Day	Month	Year

Day	Month	Year

#### Registered Office (See note 3)

This is the address registered by Companies House.

HORSTED KEYNES INDUSTRIAL ESTATE  
CINDER HILL  
HORSTED KEYNES  
WEST SUSSEX RH17 7BD

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#### Principal business activities (See note 4)

Trade classification is  
7415 MANAGEMENT ACTIVITIES HOLDING COMPS

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If the code cannot be determined from the notes, give a brief description of principal activity.

bos 215  
011400

363s

## Annual Return

of company number 02568052

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#### company name

FOOD FOR THOUGHT (HOLDINGS) LIMITED

#### company type

PRIVATE COMPANY LIMITED BY SHARES

02568052

**Register of members** (See note 5)

If the information shown needs amendment, give details below and, for secretary and director particulars, the date of any change.

The register is kept at

55 GILDREDGE ROAD  
EASTBOURNE  
EAST SUSSEX  
BN21 4SF

REGISTERED OFFICE

**Register of debenture holders** (See note 6)

Any register of debenture holders (or duplicate) is kept at

55 GILDREDGE ROAD  
EASTBOURNE  
EAST SUSSEX  
BN21 4SF

**Company Secretaries** (See note 7)

Particulars of a new secretary **must** be notified on form 288.

Day Month Year

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Date of any change.

INGRID  
HAWLEY  
DALE HOUSE THE PARK  
TWO DALES  
MATLOCK  
DERBYSHIRE DE4 2FB

If this person has ceased to be secretary, please state when.

Day Month Year

29	07	96
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Date of resignation.

Particulars.

Day Month Year

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Date of any change.

STEVEN NORMAN  
SIMPSON  
GARESFIELD LODGE  
LINTZFORD GRANGE  
ROWLANDS GILL  
TYNE AND WEAR

POST CODE: NE39 1HL

If this person has ceased to be secretary, please state when.

Day Month Year

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Date of resignation.

02568052

**Directors** (See note 7)

Particulars of a new director **must** be notified on form 288.

ALAN HOWARD  
HAWLEY  
DALE HOUSE THE PARK  
TWO DALES  
MATLOCK  
DERBYSHIRE DE4 2FB

Date of Birth:- 14/09/43  
Nat:BRITISH  
Occ:DIRECTOR

If this person has ceased to be director, please state when.

Show any relevant current and previous directorships.

If the information shown needs amendment, give details below and the date of any change.

Day	Month	Year

Date of any change.

Day	Month	Year

Date of resignation.

**Particulars.**

STEVEN NORMAN  
SIMPSON  
GARESFIELD LODGE  
LINTZFORD GRANGE  
ROWLANDS GILL  
TYNE AND WEAR

Date of Birth:- 28/01/59  
Nat:BRITISH  
Occ:CHARTERED ACCOUNTANT

If this person has ceased to be director, please state when.

Show any relevant current and previous directorships.

Day	Month	Year

Date of any change.

POST CODE: NE39 1HL

Day	Month	Year

Date of resignation.

**Particulars.**

NO MORE DIRECTORS - ADDITIONAL SECRETARIES  
OR DIRECTORS MUST BE NOTIFIED ON FORM 288a.

Day	Month	Year

Date of any change.

If this person has ceased to be director, please state when.

Show any relevant current and previous directorships.

Day	Month	Year

Date of resignation.

02568052

**Issued Share Capital** (See note 8)

Enter details of all shares in issue at the date of this return.

Class (eg Ordinary/ Preference etc)	Number of shares issued	Aggregate nominal value (ie Number of shares issued multiplied by nominal value per share)
ORDINARY	522	£522
'A' ORDINARY	90	£90
Totals	612	£612

**List of past and present members**

(See note 9)

(Use attached schedule where appropriate)

Please mark the  
appropriate box.

A full list is required.

on paper not on  
paper

A full list of members is enclosed

☒☐**Elective resolutions** (See note 10)

(Private companies only)

If an elective resolution is in force at the date of  
this return to dispense with annual general  
meetings, *mark this box.*☐If an elective resolution is in force at the date of  
this return to dispense with laying accounts in  
general meetings, *mark this box.*☐**Certificate**I certify that the information given in this return is  
true to the best of my knowledge and belief.I enclose the fee of **£15.**Cheques should be made payable  
to **Companies House.****Signed**Secretary/Director\*  
\*(delete as appropriate)

Date 9.1.97

This return includes ONE continuation sheets.  
(enter number)**Please ensure that you have completed  
all sections on this page.**To whom should Companies House direct any  
enquiries about the information shown in this  
return?----->

SNSIMPSON

FOOD FOR THOUGHT (HOLDINGS) LTD

LEECHWATER, SUNDERLAND

Postcode SR2 9TE

Telephone 0191 5213323 Ext

**SCHEDULE TO FORM 363**

**Continued overleaf**

### LIST OF PAST AND PRESENT MEMBERS (continued)

**SCHEDULE TO FORM 363**[illegible]